

Let's see what's for lunch...

Meat Free Monday

Meat Free Monday is a great way to improve health and well-being by naturally increasing your vitamin and mineral intake. One day a week can make a real difference - www.schoolfoodplan.com

Meat Free Monday	Main Meals	Vegetables	Dessert
	Cheese & Tomato Pizza (G,MK) with Hand Cut Potato Wedges V	Garden Peas & Traditional Coleslaw (E) V	Chocolate & Pear Sponge (G,E,mk) with Chocolate Sauce (MK) V
	Pasta (G) with Tomato & Basil Sauce (g) or Cheese Sauce (G,MK) V		
Tuesday	Main Meals	Vegetables	Dessert
	Slow Cooked Beef Masala Curry (SO,MK,MU) with Yellow Rice or a Chapati Bread (G)	Sweetcorn & Roasted Cauliflower V	Ice Cream (MK) V
	Chickpea & Pineapple Raita Wrap (G,MK,SO) V		
	Jacket Potato with Cheddar Cheese (MK) or Tuna Mayonnaise (F,E)		
Wednesday	Main Meals	Vegetables	Dessert
	Lemon & Thyme Infused Roasted British Chicken & Roast Potatoes with Traditional Gravy	Roasted Seasonal Root Vegetables & Cabbage V	Apple & Honey Oaty Crumble (G) with Custard (MK) V
	Lentil, Tomato & Potato Balti (g) V		
	Wholemeal Pasta (G) with Vegetarian Bolognese Sauce (G,SO) V		
Thursday	Main Meals	Vegetables	Dessert
	British Cumberland Sausages (G,SU) with Mashed Potato (MK) in a Yorkshire Pudding (G,MK,E) & Red Onion Gravy	Carrots & Green Beans V	Pineapple Upside Down Sponge (G,E,mk) with Custard (MK) V
	Vegetarian Yorkshire Pudding Cottage Pie (G,SO,MK,E) with Red Onion Gravy V		
	Jacket Potato with Cheddar Cheese (MK) or Tuna Mayonnaise (F,E)		
Friday	Main Meals	Vegetables	Dessert
	Fish Fingers (G,F) & Chips	Baked Beans & Garden Peas V	Shortbread Biscuit (G) V
	Pasta (G) with Tomato & Basil Sauce (g) V		
	Freshly Baked Bread - Pumpkin & Carrot (G,MK,SO,e) V Wholemeal (G,MK,SO,e) V		
	Everyday Dessert - Fresh Fruit Platter V		
	Week 1: 4 th Nov, 25 th Nov, 16 th Dec, 20 th Jan, 10 th Feb, 9 th Mar, 30 th Mar		

Meat Free Monday	Main Meals	Vegetables	Dessert
	Vegetarian Lasagne (G,SO,MK,e) with Hand Cut Potato Wedges V	Garden Peas & Sweetcorn V	Ice Cream (MK) V
	Jacket Potato with Cheddar Cheese (MK) or Tuna Mayonnaise (F,E)		
Tuesday	Main Meals	Vegetables	Dessert
	British Chicken & Vegetable Pie (G,MK) with Mashed Potato (MK) & Gravy	Carrots & Broccoli V	Apple & Cinnamon Crumble (G) with Custard (MK) V
	Sweet & Spiced Potato & Chickpea Curry (MU) with Lemon Infused Rice V		
	Pasta (G) with Vegetarian Bolognese Sauce (G,SO) V		
Wednesday	Main Meals	Vegetables	Dessert
	Honey Glazed Slow Roasted Gammon & Rosemary Roast Potatoes with Traditional Gravy	Roasted Seasonal Root Vegetables & Garden Peas V	Waffle with (G,SO,MK,E) Chocolate Sauce (MK) V
	Spinach, Feta & Tomato Quiche (G,MK,E) with Rosemary Roast Potatoes V		
	Wholemeal Pasta (G) with Tomato & Basil Sauce (g) V		
Thursday	Main Meals	Vegetables	Dessert
	Farm Assured British Beef Lasagne (G,MK,e) with a Garlic Bread Shard (G,MK,SO,e)	Green Beans & Sweetcorn V	Jam Sponge (G,E,SU,mk) with Custard (MK) V
	Chilli Non Carne (g) & Mexican Rice with a Taco Sail (g) V		
	Jacket Potato with Cheddar Cheese (MK) or Salmon Mayonnaise (F,E)		
Friday	Main Meals	Vegetables	Dessert
	Battered Fish (G,F) & Chips	Baked Beans & Garden Peas V	Chocolate & Beetroot Brownie (G,E) V
	Pasta (G) with Vegetarian Bolognese Sauce (G,SO) V		
	Freshly Baked Bread - Courgette, Oat & Thyme (G,MK,SO,e) V Wholemeal (G,MK,SO,e) V		
	Everyday Dessert - Fresh Fruit Platter V		
	Week 2: 11 th Nov, 2 nd Dec, 6 th Jan, 27 th Jan, 24 th Feb, 16 th Mar		

Meat Free Monday	Main Meals	Vegetables	Dessert
	Vegetarian Sausages (G,SO,SU) with Mashed Potato (MK) & Red Onion Gravy V	Carrots & Garden Peas V	Marbled Sponge (G,E,mk) with Custard (MK) V
	Pasta (G) with Tomato & Basil Sauce (g) or Cheese Sauce (G,MK) V		
Tuesday	Main Meals	Vegetables	Dessert
	Chilli Con Carne (g) & Mexican Rice with a Taco Sail (g)	Cauliflower & Green Beans V	Ice Cream (MK) V
	Baked Sweet Potato & Spinach Pasta in a Mozzarella Cheese Sauce (G,MK) V		
	Jacket Potato with Cheddar Cheese (MK) or Tuna Mayonnaise (F,E)		
Wednesday	Main Meals	Vegetables	Dessert
	British Roast Chicken, Sage & Onion Stuffing (G) & Roast Potatoes with Traditional Gravy	Roasted Seasonal Root Vegetables & Broccoli V	Poached Apple & Pear Crumble (G) with Custard (MK) V
	Five Bean Enchilada Casserole (G,MK) with Roast Potatoes V		
	Wholemeal Pasta (G) with Vegetarian Bolognese Sauce (G,SO) V		
Thursday	Main Meals	Vegetables	Dessert
	British Beef Burger in a Bun (G,SO,C,SU,se) with Homemade Tomato Relish & Hand Cut Potato Wedges	Sweetcorn & BBQ Coleslaw (G,E) V	Carrot Cake (G,E,mk) with Custard (MK) V
	Vegetarian Burger in a Bun (G,se) with Homemade Tomato Relish & Hand Cut Potato Wedges V		
	Jacket Potato with Cheddar Cheese (MK) or Tuna Mayonnaise (F,E)		
Friday	Main Meals	Vegetables	Dessert
	Fish Fingers (G,F) & Chips	Baked Beans & Garden Peas V	Baked Banana Flapjack (G) V
	Pasta (G) with Tomato & Basil Sauce (g) V		
	Freshly Baked Bread - Sunflower, Rosemary & Tomato (G,MK,SO,e) V Wholemeal (G,MK,SO,e) V		
	Everyday Dessert - Fresh Fruit Platter V		
	Week 3: 28 th Oct, 18 th Nov, 9 th Dec, 15 th Jan, 3 rd Feb, 2 nd Mar, 23 rd Mar		

V - Suitable for vegetarians

Pabulum Salad Bar

Children can help themselves to an unlimited selection of freshly prepared healthy salads. Our new salad bar features all of the children's favourites, is completely free of the 14 recognised allergens, is suitable for vegetarians and vegans and packed full of fibre and nutrients.

All products are subject to availability.

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